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In Step on Channel 2

# Fort Riley Communi



August 1, 2003

America's Warfighting Center

## Hitting the books

### Post library offers variety of resources

By Ryan D. Wood

Staff Writer

Curling up by the fire with a good book is some people's idea of the ultimate day off. For the candemine research. Many solo politorary, building \$306, just behind fort Riley National Bank. When the fire, but good books and more can be found at the post library, building \$306, just behind fort Riley National Bank. When the fire, but good books and more can be found at the post library, building \$306, just behind fort Riley National Bank. When the fire, but good books and walk-media resources available for check out to anyone with military identification card, said cornad. "The good politorary is bones and multi-media resources available for check out to anyone with military identification card, said cornad, lead librarina Family memberships can be set up allowing anyone in a servicemember's immediate family to tent up to 20 different items.

The library currently stocks eleves. They also have a military collection, educational and recreational books and videos, audio books, current newspapers and magazines and even a microfiche reader. The library also houses a faith and family collection. Over the past year, over 30,000 items have been checked out, said Cornad.

Two computers are also available for free latternet access. Both terminals offer Word, Excel, Power Foint and other programs.

In addition to the media offerings, the library also sponsors many reading events design program, wet ty to do aris smally for children. On July 19, a party was held to celebrate the and calcivities to interest the children in a particular age group.

Start and family collection. Over the past year, over 30,000 items have been checked out, said Cornad.

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Victoria Beveridge finds a quiet place in the Fort Riley Library to settle down with a book. The post library has a wide selection of children's books available.

## Variety of animals roam wild at Topeka Zoo



Ornate box turtles can be seen in the tropical rain forest Lions, gorillas, giraffes and elephants roam wild at the exhibit at the Topeka Zoo. The zoo is open 9 a.m. - 4 p.m.

## Save your skin: More damage caused

# by UV rays early in life

By Ryan D. Wood Staff Writer

Staff Writer

Currently, one in five Americans will develop skin cancer according to the National Safety Council's Environmental Health Center. One of the biggest causes of this disease is overexposure to the sun's ultraviolet or UV rays. More than just preventing painful sunburn, sun safety can now be a matter of life and death.

In a safety alert distributed by Lt. Gen. Thomas F. Metz, commanding general, III Corps, Fort Hood, Texas, it states, "Soldiers are being treated for sunburn at an alarming rate. Some had second-degree burns that require long-term health care follow-up and may result in medical complications. Episodes of severe sunburn and sun exposure have been associated with skin cancer, such as malignant melanoma. These injuries are painful and could be fatal and result in unnecessary lost time from duty. This type of injury could also result in a 'not in the line of duty' determination."

The following facts and precautions were compiled by the Fort Polk Safety Office to help in the prevention of sun related injuries. By following these tips and learning more about the sun and it's effects, soldiers and their families can be safer and avert the pain of sunburn or worse.

sunburn or worse.

• Approximately 1.3 million cases of skin cancer are diagnosed each year in the United States.

• Eighty percent of lifetime sun exposure occurs before the age of

Eighty percent or Incurre sur copour.

 It.
 Just one bad, blistering sunburn during childhood can double the risk of skin cancer later in life.
 Research indicates that regular use of sunscreen, 15 SPF or higher, during the first 18 years of life can reduce the incidence of some types of skin cancer by up to 78 percent.
 Remember to reapply the sunscreen when outdoors, even on cloudy days.

Be sure to use enough sunscreen to provide complete coverage.

Remember earlobes, neck and lips.

If you or your child's hair is thin, apply sunscreen to the scalp

swell.

Reapply sunscreen more frequently after prolonged swimming, creasive perspiration, vigorous activity or toweling.

Be careful near reflective surfaces (damaging UV rays bounce ff sand, snow, concrete and water).

Be aware that the sun's rays are strongest between 10 a.m. and

2 p.m.
Wear a hat and protective clothing. Don't forget sunglasses.
Always read and follow label directions.
Infants under six months should be kept out of direct sun and covered by protective clothing.
When you and your baby are outside during the day, try to stay in sheafy arose.

when you and your papy are outside curring the day, ity to stay in shady areas.
 Your child should be protected with a hat and lightweight clothing made of light-colored, tightly woven fabric that keeps the sun out.

Make sure your sunscreen provides protection from both UVA and UVB rays (the rays that cause skin damage).



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## WIC offers food, information



Cyan Magenta



Crista Stowe executes a back hand spring while being spotted by instructor Babette Ingal. The Back Hand Spring Clinic is a week-long class held at the Teen Center. Students in the class strive for strength and mobility to accomplish a full back hand spring.

## Deadline approaching for 2004 - 2005 school year stabilization

By Ryan D. Wood

Staff Writer

Moving from place to place around the world is part of the military life. For those who signed up, it was an expected for textiling, part of the military experience. For members of their family, it can be a trial, especially when school and graduation collide with another perman ent change of station.

According to Kay Forman, School Liaison Officer, stabilizing Army family and the school and also created beginning in August 2005 must be submitted by Aug.

The plan allows soldiers to submit the precommendations form stabilization no later than 12 months requests for post stabilization no later than 12 months provided in 114 2000. Enlisted soldiers must also list any intitiate a request for stabilization by subscription to the beginning of the sleginning of the segment of the military experience. For members of their family, at can be a trial, especially when school and graduating implemented the High School Stabilization and also created the school liaison officer position.

According to Forman, soldiers must also list any intitiate a request for stabilization no later than 12 months requests for post stabilization no later than 12 months requests for the beginning in the plan allows soldiers to submit the top recommendations of an Army requests for post stabilization no later than 12 months printing a DA Form 4187, listing the family member name and social security mumber. The family, embers name and social security mumber. The family member must be beginning to the beginning of the beginning of the military experience. For members of their family, and the properties of the post stabilization no later than 12 months printing a DA Form 4187, listing the family member name and social security mumber. The family member name and social security members name and social security members name and social security members name and social

## Teen Center offers variety of activities throughout year





## Career soldiers must chose retirement pay plan early

Soldiers must choose a retirement plan long before time for them to retire.

Soldiers with DEIMS dates after Aug. 1, 1986, who are eligible to the control of them to retire.

Soldiers with DEIMS dates after Aug. 1, 1986, who are eligible to the control of the c

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Fort Riley Post

The Information, Ticketing and Registration office is located in building 6918 (across from the PX). The ITR hours of operation are Monday - Friday 10 a.m. - 6 p.m., Saturday 9 a.m. - 2 p.m. and the office is closed on federal holidays. For further information, call ITR, (785) 239-5614 or 239-

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Check out the Department of the Army Leisure Travel website at www.offdutytravel.com for more great deals on travel.

ITR services and discount attractions tickets available to active duty military, retirees, National Guard, reservists, Department of the Army civilians and family members.

### Road Race Series

The Topeka Half-Mile National and Formula USA National Road Race Series' are coming to Heart-land Park Topeka Aug.9 and 10. Advance military discounted tick-ets are available through ITR.

### Carnival Cruise Lines

Camival Cruise Lines has introduced a new children's dining program that provides kids with delicious meals with their fellow young cruisers in the ships' casual poolside restaurants while parents enjoy a night to themselves. Dinners take place 6 - 7 p.m., after which children are welcome to nartake in resularly welcome to partake in regularly scheduled "Camp Carnival" activ-

ities until 10 p.m. While most children will dine with their parents in the main dining rooms, this new program provides a wonderful opportunity for kids to enjoy a delicious meal with the youth staff and other children on board, while offering parents a leisurely and romantic dinner by themselves. Camp Carnival activities are geared toward children ages 2.15 who enjoy such amenities as indoor and outdoor play areas, computer labs, aris and crafts centers, wideo game rooms, a new EduCruise science and geography program and more.

California Adventure

### California Adventure

action of the X Games up close and personal at Disney's Califormia Adventure park now through Aug. 10. Based on sports featured annually in ESPN's X Games Xperience showcases the fast-paced skills of top athletes in Moto-X, skatchoarding, in-line skating and bike Xhibitions throughout the theme park.

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### Kansas City Chiefs

California Adventure

Guests can experience the fireds and tailgate at Arrowhead interest of the control of the

stadium. Support your favorite stadium. Support your favorite team. The home game schedule includes: Aug. 9 - San Francisco 49ers, Aug. 16 Minnesota Vikings, Sept. 7 - San Diego Chargers, Sept. 14 - Pittsburgh Steelers, Oct. 5 - Denver Broncos, Oct. 26 - Buffalo Bills, Nov. 9 - Cleveland Browns, Nov. 23 - Cleveland Browns, Nov. 23 - Cleveland Browns, and Dec. 28 - Chicago Reary. Chicago Bears.

Stop by ITR for additional

Guests of Oceans of Fun will be surrounded by the tropical excitement of the new Paradise Falls. Paradise Falls brings increased playability to the 60-acre water park located in Kansas City, Mo.

Military Salutes

Many theme parks, regional attractions and vacation destinations will salute the military with free admissions and deep discounts through late fall and early winter.

## Before leaving town, protect your home

Head Start

participants should register soon

Staff Reports

When going on vacation, deployment or on any trip that will take you away from your appeared to protect and repair your home when needed, if you follow the more when needed, if you follow when needed, if you follow the part of the thouse watches to the MP on patrol for a grae away. The Military Police will person and installation housing office are prepared to protect and repair your home when needed, if you follow the more when needed, if you follow the more when needed, if you follow the program, which ensures daily, after hours physical cheer house watches to all on post housing residents. All it alwas is a visit to building a link on the housing web page http://www.riley.army.mil/Services/Fort/Housing asp. Baxter said. The same for the Housing Mexicon and installation housing office, grain and installation housing office are prevention effort, is available to all on post housing residents. All it does not apply that the program with the program, batter of the sidence for the state of the part of the patrol of the patr



Open registration for Geary County Head Start is being held Monday through Friday, 9 - 11 a.m. and 1:30 - 3 p.m. at 118 of 3 - 3 p.m. at 118 Elmdale Avenue, Junction City. Acceptance is based on income guidelines, but special circumstances can be considered. This is a federally funded program, so there is no cost to those who qualify. Children must be 3 or 4 years of age by Aug. 31 in order to enroll for the coming school year. Curriculum is play-based and focuses on Kindergarten readiness.

When registering, bring proof of family income (leave and earning statements), and a W-2 form or income tax information. Classare held in Junction City and

ort Riley. Call 238-1042 for more infor-



## Post releases annual water consumer confidence report

Fort Riley's Directorate of Environment and Safety has pre-pared Fort Riley's Annual Consumer Confidence Report. "Fort Riley is committed to providing a safe and reliable supply of high-quality drinking water. Fort Riley's dinking water met or surpassed all federal and state drinking water regulations in 2002 and continues to do so, "said Debra Porter, DES drinking water program coordinator." Fort Riley has prepared an annual Con-sumer Confidence Report which is required by the Safe Drink-ing Water Act."

ing Water Act."

The CCR is posted on the Internet at www.riley.army.mil.

"From the Fort Riley Homepage, follow the link to Services,
Fort Riley Services and then to the Environment page, which
will have a link labeled "Quality of Tap Water Report," Porter

said. The CCR provides information on the type and name of the water source; information on contaminants, including a mandatory monitoring list; information on detected regulated and/or unregulated contaminants, any violations associated with monitoring and reporting and additional health information for immuno-compromised persons.

The CCR will be updated annually. Information about CCRs can be obtained from the EPA's Safe Drinking Water Hotline, 1-800-426-4791. For additional information about Fort Riley's CCR, consumers can contact Porter at DES, 239-2630.



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### MACH Briefs

### Breast-feeding Class

The Women and Infant Care Center of Irwin Army Communi-ty Hospital offers free classes on breast-feeding babies on the third Wednesday of each month. A dietitian will address the nutri-tional requirements for breast-feeding mons and a lactation edu-cator will talk about the advantages of breast-feeding and how pepare for successful musting. Information on breast-feeding techniques, troub-fashing advisar and where to find support will also be offered. Classes are field in the Obstetrics classroom on the third floor of IACH, 1 - 2:30 p.m. Everyone is mixed and walk-ins to welcome. For more information, call Maj. Susanna Walk-ins are welco Itara at 239-7434.

### Cancer Support

The Fort Riley Cancer Support Group meeting will be Wednesday, 6 p.m., at Irwin Army Community Hospital, on the first floor, in the patient waiting area of the Combined Surgery Clinic. Participants are asked to bring any news articles pertaining to their cancer diagnosis.

Military service members, their family members and Department of Army Civilians are welcome to attend. Participation is encouraged for persons who were recently diagnosed with cancer, family and friends of persons with cancer and cancer survivors.

### Car Seat Inspections

Child car seat inspections are available through Irwin Army Community Hospital's Community Health Nursing. Assistance with correct placement and positioning of your child's car seat and information are part of the inspection. Active duty uniform soldiers, their families, retired military and Department of Defense civilians are eligible for this service. There is no fee. Car Seat Inspection appointments are available Tuesdays and Thursdays, 9 a.m. 12 p.m. Inspections will take place in the IACH parking area. To schedule a car seat inspection, call Community Health Nursing, 239-7323.

### Tobacco Cessation Classes

Community Health Nursing of Irvin Army Community Hospital offers free Tobacco Cessation classes. This is a four-week program, which meets once a week and is run by trained medical professionals. Participants may choose to quit smoking without medication or healthcare providers may prescribe Zyban. Miltary servicemembers, their families and DoD crivilians are eligible to participate. To register, call Community Health Nursing at 293-7323.

## Last surviving D-Day chaplain remembers Omaha Beach landing, Normandy invasion

Barber conducted
Il religious services on 11 different ships.
The soldiers
from those ships
were given a mission to storm
Omaha Beach as
an Army chaplain
at the time, and
he said he wanted
the American
boys to know
they were going
into battle with
God on their side.



"As we prepared for the invasion, I gave each of the soldiers a Mariciana troops overcame the sisselfless service so many years a Gideon Bible, because there are no atheists in the foxhole," he said. "The soldiers were worried, but we all knew we had a job to do. I told them that they should place their trust in God and his reward."

After saying a prayer, the sol.

By Michael Watson
Staff writer

On the Sunday before D-Day, June 6, 1944, retired Air Force Barber conducted 11 religious services on 11 different ships.

The addition of the sunday before D-Day on the Sunday on the

who landed on Barber retired from the military Omaha Beach in 1969, but he has never really

who landed on Omaha Beach make of the soldiers from those ships were given a mission to storm Omaha Beach as an Army chaplain at the time, and he said he wanted the American boys to know they were going into battle with God on their side. Because his job was to provide spiritual comfort and moral support to the soldiers, he landed on the beach not with a Bible He was one of other with Subsection of the beach most with a Bible He was one of other shores from the misting the mission of the beach show they were poing the spiritual comfort and moral support to the soldiers, he landed on the beach not with a weapon, but with a Bible He was one of other shores from the misting the mission of the soldiers he landed on the beach not with a weapon, but with a Bible He was one of other shores from the misting the mission and the misting the mission and the interfaith worship service and a members the had seen enough blood-sleep from the misting the m

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### **Barlow Theater**

### Tonight:

7 p.m. Alex and Emma (PG-13)

### Saturday:

### Sunday:

7 p.m. Justin to Kelly (PG)

### Thursday:

7 p.m. The Hulk

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